

Energizing Tips For A Healthier Family

A great first step to a healthier family is to include 5 to 9 servings of vegetables and fruit each day. A healthier family is also on the move, so include 30 minutes of moderate activity everyday, such as walking. These simple changes are easier than you think and help to improve your entire family's health.



INVOLVE THE WHOLE FAMILY

Encourage your family to help make the grocery list and prepare dinner. That way, everyone can select his or her favorite vegetables and fruit. By involving your kids, they'll be more likely to eat healthy foods, and they'll learn the basics of eating right. Start a little healthy competition in your family by tracking everyone's vegetable and fruit consumption as well as physical activity for a week. Use the tracking chart for every member of your family. Enter the number of daily vegetable and fruit servings and activity minutes each day. Total them up at the end of the week and see who ate the most and also included physical activity. Remember, 5 servings is the minimum, so strive for 5 to 9!

TRY 3 TEN MINUTE WALKS

Physical activity doesn't have to mean going to the gym and sweating for hours. Fit a total of 30 minutes or more of moderate physical activity into your daily routine—all at once, or throughout the day. *It all counts.* Take 3 ten-minute walks throughout the day or be active with the kids—take a bike ride or play catch

QUICK BITES

Try these tips and see how easy it is to eat 5 to 9 a day! **BREAKFAST:** Add your favorite fruit to cereal or on top of a bagel. Drink a glass of 100% juice. **LUNCH:** Pack a pita full of chopped veggies, have a salad, vegetable soup or fill a baggie with cut fruits and veggies to munch on. **SNACKS:** Fill ice cube trays with 100% juice (put toothpicks) and enjoy the mini-popsicles in no time. **DINNER:** Have two vegetables and a salad.

WHAT'S A SERVING ?

The 5 A Day for Better Health Program defines one serving as:

- ❖ $\frac{3}{4}$ cup or 6oz., 100% fruit or vegetable juice
- ❖ $\frac{1}{2}$ cup cut-up raw or cooked vegetables or fruit
- ❖ $\frac{1}{4}$ cup dried fruit
- ❖ 1 cup raw, leafy vegetables
- ❖ $\frac{1}{2}$ cup cooked, canned or frozen peas or beans

HEALTH BENEFITS

Eating 5 to 9 servings of fruits and vegetables each day may reduce the risk of some chronic diseases including:

- ✓ some cancers
- ✓ heart disease

Being active helps control your weight and reduces stress.

At least 30 minutes of activity, paired with eating 5 to 9 a day, may also further reduce your risk of chronic diseases.



Healthy Competition For Your Family



Make a copy of this chart for each family member and have them fill it out.

Track everyone's progress for a week and you'll see that eating 5 to 9 a day is easy!

DAILY NUMBER OF FRUIT AND VEGETABLE SERVINGS

BREAKFAST	LUNCH	SNACKS	DINNER	TOTAL	PHYSICAL ACTIVITY
				Goal: 5 A Day	Total number of minutes each day. Goal: 30 minutes

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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Why eat 5 to 9?

Vegetables and fruit look good, taste good and are good for you.

- low in fat
- low in calories
- high in vitamins
- high in minerals
- high in fiber

Why 30 minutes a day?

A half hour can make a difference in your health and how you feel. It is easy to get 30 minutes a day. Start by:

- Going for a walk with a friend or your pet
- Taking the stairs instead of elevators
- Parking the car farther from the door and walk
- Walking to pick the kids up from school or to get the newspaper